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BREATHING INTO WHOLENESS

by Laurie A. Monroe



Stanislav Grof, MD, is a psychiatrist with over forty years of research experience in non-ordinary states of consciousness. In 1973 he was named scholar-in-residence at the Esalen Institute in Big Sur, California. There,

Stan gave seminars, lectured, and developed Holotropic Breathwork with his wife, Christina. At about the same time he met Robert Monroe, shortly after *Journeys Out of the Body* had been published. My father had been invited to Esalen to conduct the GATEWAY VOYAGE—one of our first weeklong programs. Grof was impressed with my father's work and encouraged him to continue writing about his personal experiences, as well as the research he was conducting with sound and consciousness. It was my pleasure to meet Stan and attend the Holotropic Breathwork weekend workshop he conducted in Washington, D.C., late in

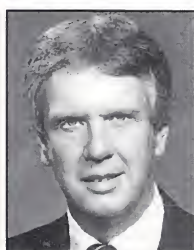
2000. He is a gentle man with a great deal of compassion for humanity. Stan's lectures and personal interactions with participants vividly demonstrate his far-reaching knowledge and his understanding of different states of consciousness.

Grof coined the term "holotropic," which means, "moving in the direction of wholeness." There are strong similarities between holotropic and what we refer to as "phasing." By phasing or shifting awareness beyond the limitations of the physical, it is possible to move into wholeness and remember one's true identity. In Holotropic Breathwork, the participants use accelerated breathing and evocative music to attain very powerful states of consciousness. Breathwork facilitators use bodywork as needed to assist in releasing any negative energy that is held

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HUMAN PLUS TACKLES THE CHILKOOT TRAIL

by James Akenhead, EdD



James and Charlene Akenhead are career educators with fascinating avocations. They breed and train Alaskan malamutes and frequently attend sled dog races such as the world-famous Iditarod. Charlene is an avid student of Alaskan history, culture, and legend. In June 2000, Charlene, Jim, and two friends hiked the Chilkoot Gold Rush Trail from

Skagway, Alaska, to Lake Bennett in British Columbia, Canada. The Chilkoot, billed as "the thirty-three meanest miles in history," is guaranteed to satisfy the strongest taste for extreme adventure!

Background

The Chilkoot Trail has changed little since 1898, when over 30,000 gold rush stampedeers (many of them inadequately provisioned) attempted to cross the fearsome mountain pass. Thousands of people and 3,000 pack

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DOLPHIN ENERGY, HEMI-SYNC, AND PRAYER: AN UNBEATABLE COMBINATION

by Stuart Mills



Stu & Jim

Stuart Mills attended the GATEWAY VOYAGE in 1994. Stu's partner, James Greene, is a graduate of several residential courses and, while a member of TMI's Professional Division, his vision was instrumental in creating the POSITIVE IMMUNITY PROGRAM. Stu and Jim live in Nellysford, Virginia, where they

own and operate Bistro 151, home of the "best pizza in the Northeast" according to *Pizza Today* magazine. When Stu's mother was diagnosed with cancer, requesting Dolphin Energy Club support came naturally.

I promised to write this letter a month or two ago, and I'm sorry I haven't been able to get to it earlier. The holidays were characteristically hectic. As you'll hear, however, it was actually a good thing that I waited. The news keeps getting better.

Last Labor Day, I got a distressing call from my dad in Plattsburgh, New York. It seems that Mom had been experiencing some lower gastrointestinal distress and had gone to the doctor on Saturday of the holiday weekend to see what was the matter. The doc gave her a strong laxative and told her if she had no relief by Sunday afternoon to go to the hospital and admit herself, since his office would be closed. No relief came, and she was admitted to the hospital, believing she had a blockage or obstruction of some sort in her colon. They tried to treat her medically, but still no luck, so they decided to operate on Tuesday. Instead of an obstruction, they found that a large tumor had strangled her colon. Stage IV ovarian cancer had metastasized throughout the peritoneal cavity. I was floored. Never in her seventy-three years has Mom had more than a cold—literally!

Jim and I immediately jumped on a plane to go see her. She looked awful lying there in the hospital, tubes poking in and out of her everywhere. The most vibrant woman I know looked ashen and was in great pain. But Mom's a fighter, and she decided that she wanted to beat the cancer, despite the doctor's caution that life expectancy for this particular type was only eighteen months. The family—meaning Dad, my sister (a postdoc medical researcher, luckily), my brother, and me—immediately set about gathering all the information we could on courses of treatment. But Mom decided that she did not want to delay starting the traditional modality. She was scheduled for her first chemotherapy treat-

ment on September 19, barely a week after her post-op discharge.

Because of our many experiences with healing energy, Jim and I took it upon ourselves to explore alternative treatments, ancillary therapies, and nontraditional healing resources. Of course, one of the first resources we turned to was TMI, and with Shirley Bliley's help, the Dolphin Energy Club was enlisted a few weeks later to send Mom healing energy from all around the world. I believe the DEC request went out around the end of September or the first of October. Mom was most appreciative, if a bit skeptical. We also brought her a copy of the POSITIVE IMMUNITY PROGRAM with a Walkman® as a gift. She had never had headphones on in her life, but she started listening to the tapes at that same time. Jim's sister, Shirley, organized novenas for Mom in several of the Catholic dioceses and convents around the Northeast in that time frame.

Right after the first of October, Mom's first post-chemo blood test was a disappointment to everyone, especially her doctor. Her CA-125 marker had been 515 and was reduced to only 430 following the first round of chemotherapy. She had her second treatment a couple of days later, but our spirits were sagging. The doctor had told us that he wanted the marker down to 35 or so before performing the all-important "de-bulking" surgery, which would hopefully include a hysterectomy and reversal of her colostomy. With such a long way to go, it looked like the surgery would be months off—reducing the probability of remission and reducing the possibility that the colostomy could be reversed. Mom hated that colostomy bag.

But three weeks after the second treatment, the cancer marker had fallen to 65. The doctor was in disbelief—so much so that he ordered the test repeated to make sure there was no mistake. This man is one of the preeminent ovarian oncologists in the world, and such a drop was a first in his vast experience. Second test, exact same result. Our spirits soared. The doctor immediately scheduled the surgery for the Monday after Thanksgiving (actually *ahead* of the original schedule), and it was totally successful—colostomy reversal included. Although Mom was scheduled to be hospitalized for fifteen days, she was released in eleven. She has two more "clean-up" chemo treatments to go, and by mid-February it should be over. Her recovery has been so remarkable that her doctor told Dad on the way out of the hospital that he now believes Mom is as likely to die of anything

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BREATHING INTO WHOLENESS

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in the cells of the physical body. The facilitator's only role is to support the process and provide a space for the individual's own inner-healing nature to transform the experience.

I introduced myself to Stan at the opening of the workshop. He indicated that he was pleased to meet me and quite interested to see how I would respond, given my years of immersion in non-ordinary states through our work at the Institute. The 120 participants were divided into six groups of twenty each. There were two facilitators per group. It was surely not coincidental that one of my facilitators had attended TMI programs. He was excited about my opportunity to experience Holotropic Breathwork and eager to observe how my process would unfold. Each session is two and one half to three hours long. As the breather, you lie on the floor in a comfortable nest constructed from sleeping bags and pillows. The "sitter" is your partner and stays with you throughout. The sitter's role is simply to be there for you and support you in whatever way is most appropriate. My partner wanted me to breathe first, and I readily agreed.

As we snuggled into our cozy nests, Stan led us into the beginning of our breathwork. He instructed us to breathe faster and deeper and to create a continuous circle of breath. By doing so, I quickly found my breathing rhythm and entered a state of deep relaxation. The music was designed to "drive" the experience and was well suited to that purpose. At first it was uplifting and flowing, increasing in power as the session progressed. I entered into the flow and surrendered to my own inner process with total trust in its wisdom.

Initially, I felt tension being released through my hands. As the music intensified, I moved into an expanded state of awareness that resembled Focus 12. Feelings of total, unconditional love and connection to everyone and everything in the room flooded through me. We were one whole; there was no separation. As some participants experienced profound emotional release, I projected compassion and love to them. My awareness

expanded beyond the room into other dimensions. As the music built to a crescendo for the "breakthrough" stage, I realized that I was in Focus 27. My state of mind was buoyant and peaceful. The breathwork effects were extraordinary. At the end of the session Stan knelt beside me and smiled. I hugged him with an overwhelming sense of appreciation for his work and my father's. A little later we drew mandalas to represent different aspects of the session and brought them with us when the whole group reassembled. The facilitators did not interpret. They simply held the space for honest and open sharing. Each participant deepened the experience through his or her personal interpretation.

The work of Stanislov Grof and the work of my father have much in common. Both the Hemi-Sync process and Holotropic Breathwork engender profound non-ordinary states of consciousness. Both are capable of evoking healing on many different levels. As we continue to explore the realms of consciousness, it is evident that a shift is taking place in our world. Stan suggests that "a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future." I know that we at the Institute are helping many people to achieve the inner transformation that is necessary in order to flourish in that future. Please share your stories with others so that they, too, may remember their true identity, which exists beyond this physical reality. As each one of us remembers our wholeness, the possibility of a future embraced by harmony, balance, and unity increases exponentially.



QUARTERLY TAPE

NETWORK OF LIGHT

Mind & Emotions

The body and mind are intimately and exquisitely connected. Increasingly, researchers are finding that separations in the mind/body information network are simply nonexistent. *Mind & Emotions*, and the next three tapes, will build upon recent discoveries in the field of psychoneuroimmunology to lead you into greater balance and harmony and deepen your appreciation for the truly miraculous creations that we are. Hemi-Sync will help you communicate with your thoughts, emotions, molecules, and cells in ways that foster healing and wellness on all levels. You will use deep, receptive relaxation as a "switch" to turn on your inner network of light. Relaxation itself has many benefits: reduction in heart rate and blood pressure; decreased secretion of stress-related biochemicals; and increased secretion of biochemicals associated with mental clarity and feelings of well-being, pleasure, and safety.

Book Review

**THE VAST
ENQUIRING SOUL**Explorations into the Further
Reaches of Consciousness

by Ronald Russell, MA

Ronald Russell defines consciousness as “our ability to know and understand, to be aware of ourselves and the world around and beyond us.” He takes as his subject all circumstances in which our consciousness moves into altered states and seems to extend its reach beyond material reality into other realms. His stated intention: to present evidence showing that “consciousness is not located anywhere, either within the brain or without.” “The work and personality of the late Robert Monroe” and Monroe programs are acknowledged as inspiration. The extraordinary experiences of ordinary individuals—usually discounted by established science—are the foundation of his case. The undeniable fact that so many “have experienced some sort of mystical encounter” suggests to Russell that “perhaps it is time to drop the word ‘paranormal’ altogether.” Approaching consciousness studies from a personal perspective allows one to explore rather than explain and “sometimes see round corners when others may see only straight ahead.”

Russell addresses with gusto the core issue of how mind may influence matter and transcend space and time. Psychokinesis, telepathy, premonition, precognition, déjà vu, and remote viewing are scrutinized. He recounts the prevalence of such experiences, both historical and present day, and points out the success of remote viewing conducted by strict protocols and the rigorously researched evidence for ESP and psychokinesis. Russell theorizes that dis-

tant healing, which affects a person without physical contact with the healer, might also be a variant of telepathic communication. All of these experiences “fit neatly into the concept of the non-locality of consciousness” and validate what most of us already knew intuitively.

The near-death experience (NDE) is considered from the perspective of those who have “been there; done that” and researchers who accept that perception can occur independently of the physical senses, as well as those who find the notion extremely unpalatable. Russell says, “However we interpret the NDE, . . . it adds to our understanding of consciousness as being able to function unrestricted by time and space. . . . above all, the NDE is a personal experience.” The out-of-body experience emerges as yet another dramatic affirmation that consciousness can evade the constraints of space/time. “It was as if you were floating in warm, soft clouds where nothing exists as a separate piece of matter,” said Robert Monroe of one of his OBEs. This type of “paranormal” event also turns out to be surprisingly common. Monroe is credited with providing “a consensus view of the out-of-body state” and with taking a matter-of-fact approach to out-of-body travel that contributed to its demystification.

Communication with the “unbodied” and its implications receive in-depth consideration. Russell takes us on an odyssey ranging from biblical prophecy, through the “auditory hallucinations” of the mentally disturbed, to the “voices” heard by the dying, to spiritualism and finally modern channeling. Then he personalizes the whole spectrum with the reminder that “. . . most of us in a variety of situations have heard ourselves say something pertinent or even profound without any forethought . . .” The reader gets name, rank, and serial number for an

impressive array of writers, philosophers, scientists, and academicians who have something to say about possible survival of physical death, plus an overview of the premises central to *LIFELINE*.

Of all the threads in this narrative, transcendence, which catapults the “separate” self into a state of fusion with all that is, seems closest to Russell’s heart. His examination of the phenomenon is replete with examples drawn from the lives of authors, housewives, physicists, philosophers, astronauts, poets, scientists, *GATEWAY VOYAGE* participants, and even death-and-dying authority Elisabeth Kübler-Ross. Religious transcendent events also receive careful consideration. Russell concludes that what matters most may be “not the category, but the effect—is it life-changing?” Such occurrences characteristically come unbidden, abruptly dissolving the barrier between the experiencer and the rest of reality and revealing that said barrier is illusory in any event.

Russell makes quite an impressive case for his major premise: subjective experiences such as ESP, telepathy, precognition, psychokinesis, NDEs, OBEs, and the transcendent moment, as well as abilities such as remote viewing, distant healing, and channeling are reliable doorways into the dimensions in which consciousness reigns supreme. He urges us to embrace a “Wholeness Science” and postulates that recent genomic and neurological discoveries will have a profound, positive influence on understanding consciousness. Russell maintains that the desire to explore is “soul-inspired.” His arguments are closely reasoned and the plethora of personal accounts and academic references make key resources readily accessible. If you truly hunger to know, be assured that there is quality nourishment here for your own “vast enquiring soul.”

~ Shirley Bliley



HUMAN PLUS TACKLES THE CHILKOOT TRAIL

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animals perished. Backpackers still come from as far away as England and Germany to experience the trail's mystery. Charlene and I are in our late fifties, and we trained rigorously during the winter and spring for the five-day trek. Each of our forty- to fifty-pound packs contained food, tents, clothing, and other essentials. We had to obtain a permit from United States and Canadian rangers and file a daily plan that included four camps used by the stamperders of yesteryear. Because the entire trail was in bear country, a required pre-hike lecture emphasized that "a fed bear is a dead bear." Packs were to be kept within arm's reach, and we were to stay together at all times.

The first quarter-mile, all of it uphill, took an hour. Once the trail leveled off, we found ourselves walking in a northern rain forest for the next seven miles. The second morning saw us scrambling up and over stones and tree roots and through narrow passages. We barely glanced at rushing creeks, waterfalls, and the profusion of wildflowers while walking. The priority was avoiding disastrous missteps.

For our shot at the summit on the third day, we were under way by 4 A.M. The first stretch was deceptively easy. Then the trail started climbing: over rocks and roots, around boulders, through streams, past waterfalls, and alongside sheer drop-offs. Not only was the route to the summit steep, but the lower part was all huge boulders. After pulling, pushing, and praying our way up, in constant fear of getting a foot caught or starting a rockslide onto those below, we reached a false summit

and could see the next 500 feet—all snow. We reached the summit and checked in with the Canadian ranger at the border by noon. After a short rest and a snack, we pressed forward again. The sky was blue, the snowfields sparkled in the sun, and a



sign warned, "Do not stop." This was an avalanche area, and we walked 150 feet apart and attempted to move quietly and quickly. The soft snow had other ideas. We struggled onward, sinking in with each step. After twelve and a half hours, we finally reached the cabin and rustic outhouse at Happy Camp, almost too exhausted to eat. Snowcapped mountains graced both sides of the river, and songbirds sang cheerfully. In the cabin's guest book one man had written, "WHAT THE @#%& WAS I THINKING?" We all agreed.

The next day, supposedly an "easy" eight miles, was the exact opposite. In some places partially melted snow bridges had to be crossed one person at a time. I negotiated one such bridge over rapids and advised the rest of the party to detour. Taking the "safe" route meant climbing higher and descending a mountainside steep enough to require stabilizing ropes. By the time we reached Bare Loon Lake Camp, we had completed our second twelve-hour day in a row.

Although there were only four miles to go, it was a good thing we got off at 5 A.M. the next morning. The final challenge was SAND—soft, deep, beach sand. It was even rougher going than snow. Totally bone-weary, we were more than

happy to sight the old church steeple marking the abandoned town on Lake Bennett and the train station. The ride to Skagway on the White Pass and Yukon Railroad finally gave us a chance to enjoy the majestic scenery and savor well-deserved feelings of accomplishment.

The HUMAN PLUS Advantage

My early interest in Ericksonian hypnosis, posthypnotic suggestion, neurolinguistic programming, and the power of mental cues led me to the *H-PLUS* tapes and eventually to The Monroe Institute's *LIFE SPAN 2000* program. I was particularly interested in taking charge of stress-evoking situations, performing with more efficiency, increasing physical activity, easing discomfort, and reinforcing my mental and physical health in any way possible. My work has always been stressful, and I have enough arthritis to give me some sort of pain to deal with every day.

The more we conditioned for the Chilkoot hike, the worse I felt. Finally, I asked my family doctor for a fairly strong arthritis medicine that I had taken in the past and discontinued due to potential side effects. It was clear to me that I needed every advantage to pull this off, so I supplemented my conditioning with the maximum medication allowable. *HUMAN PLUS* was to be my extra edge for managing the ongoing pain, anxiety, stress, and sometimes fear (however irrational) of the ordeal.

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THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Contact Trina Murphy at (804) 361-1252 or Toinfinity27@aol.com to register for programs listed below. Contact Shirley Bliley at (804) 361-9132 or DEC1PD@aol.com to register for the March 9-13, 2002 Professional Seminar.

2001

BEYOND EXPLORATION 27
(For *EXPLORATION 27* Graduates)
June 23-27 (RMR)
October 6-10 (RMR)

EXPLORATION 27
(For *LIFELINE* Graduates)
July 21-27 (RMR)
August 11-17 (RMR)
September 29-October 5 (RMR)
November 10-16 (RMR)

GATEWAY VOYAGE
April 7-13
April 21-27
May 5-11
May 19-25
June 2-8
June 9-15
June 23-29
July 7-13
July 14-20
August 4-10
August 18-24
September 8-14
September 22-28
September 29-October 5
October 13-19
October 27-November 2
November 3-9
December 1-7

GUIDELINES
(A Graduate Program)
April 7-13 (RMR)
April 28-May 4
June 9-15 (RMR)
July 14-20 (RMR)
September 15-21
October 27-November 2 (RMR)
December 8-14

HEARTLINE
(A Graduate Program)
April 21-27 (RMR)
August 18-24 (RMR)
October 20-26 (RMR)

LIFELINE
(A Graduate Program)
May 5-11 (RMR)
June 16-22
August 4-10 (RMR)
August 25-31 (RMR)
September 22-28 (RMR)
November 3-9 (RMR)
December 8-14 (RMR)

MC
(A Graduate Program)
November 10-16

OUTREACH Continuing Accreditation (ORCA)
August 25-29

TEEN GATEWAY
July 28-August 3

Trainer Development and Assessment Program (TDAP)
July 20-27

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



GICAL SUPPORT SERIES helped her manage pain and fear during the ten years of reconstructive surgeries that followed her near-fatal automobile accident.

Books
The following titles are available from Interstate

Industries, Inc.
Robert A. Monroe's trilogy:

**JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY**

Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight
Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle
The Ultimate Time Machine, by Joseph McMoneagle
Using the Whole Brain, edited by Ronald Russell

Magazines

"Altered States," by Katy Koontz, was featured in the January/February 2001 issue of *New Age*. Ms. Koontz skillfully interwove the story of Robert Monroe, Hemi-Sync, and The Monroe Institute with a description of her *GATEWAY VOYAGE* in quest of "a more direct, relatively static-free line to [her] Higher Self." Photos by Chris Hartlove enhanced the article, which included a sidebar on TMI's research activities.

New Books

In *Muddy Tracks: Expeditions into an Unsuspected Reality*, Frank

Appearances

F. Holmes (Skip) Atwater, TMI research director, spoke to The Virginia Blue Ridge Chapter of The American Society of Dowsers on February 10, 2001, on "Basic Remote Viewing." Participatory exercises gave his audience first-hand experience of techniques employed by army intelligence remote viewers.

On December 21, TMI President Laurie Monroe and Brian Dailey, MD, a member of TMI's Professional Division, traveled to Atlanta, Georgia, to be interviewed by Elizabeth Anne Wright for the nationally televised *Unified Solutions* program. The main topic was out-of-body experiences. Dr. Dailey seized the opportunity to mention the *SURGICAL SUPPORT SERIES* and *GOING HOME* and to give the producer an individual session with *METAMUSIC*.

Gari Carter, author, healer, and TMI Professional Member, lectured on "Healing and Personal Transformation" as part of The Art of Healing series at the College of Charleston, in Charleston, South Carolina, on February 9, 2001. To the accompaniment of *METAMUSIC*, Gari described how the SUR-

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 or e-mail DEC1PD@aol.com with changes or to be removed from the list.

AUSTRALIA

ADELAIDE, S.A.

Clive Elms
Dara Gorecki
(61) (08) 8268-5852
Claire Ezrac
(61) (08) 8346-7936

SYDNEY

Ashle Trucano
(41) (2) 9953-1155

BELGIUM

THIMISTER

Patrick Bartholome
(32) (87) 44-70-70

CANADA

HALIFAX, NS

Tom Tasse
(902) 443-2692

ORILLIA, ONT

Kim Stratten
(705) 329-3031

TORONTO, ONT

Blairst Swanson
(416) 694-2908

VANCOUVER, BC

Carol Biernat
(604) 261-2840

CYPRUS

John Knowles & Linda
Leblanc
(357) (6) 621272

DENMARK

COPENHAGEN

Jan Caroc
(45) (33) 255313

STOVING

Kim Notholm-Larsen
(45) 98385751

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164
Fax (223) 515091

IRELAND

OMEATH, CO.

LOUTH

Jim & Lana Phillips
(353) (42) 75522

JAPAN

TOKYO

Kanji Nakai
Tel (03) 5471-2502
Fax (03) 5471-2972

SCOTLAND

NEW GALLOWAY

Jill and Ronald Russell
Tel/Fax (44) (1644)
420357

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ARLINGTON, VA

Mark Gemmell
(703) 522-8663

BETHESDA, MD

Helene N. Guttman
Tel/Fax (301) 656-
8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

BOSTON, MA

Steve Ullman
(978) 579-0945

CHARLOTTE, NC

Rebecca Nagy
(704) 588-4623

COLUMBUS, OHIO

Tom King
(614) 421-7117

DAVIDSON, NC

Norma Atherton
(704) 892-7000

DOWLING, MN

Robert Jonas
(616) 758-3797

ENGLEWOOD, CO

Daniel K. Meyer
Kimberly Miller
(303) 740-8053

FINESVILLE, NJ

Pete Ennes
(908) 995-9493

GRAND RAPIDS, MI

Larry Rosencrans
(888) 320-1517

HAMDEN, CT

Lou Stout
(203) 288-1677

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

MT. JULIET, TN

Art and Jan Flint
(423) 988-0104

NEW YORK, NY

Al Swadichuto
(212) 228-3298

PALMER, AK

Ross Perrine
(907) 746-6443

PASO ROBLES, CA

Leland Beck
(805) 237-8949

PHILLIPS, ME

(after May 15)
C.J. & Stella Stevens
(207) 639-2501

PORTLAND, ME

Joe Harrington
(207) 773-0291

PORTLAND, OR

Bill Oakes
(503) 628-3150

RENTON, WA

Peggy O'Hare
(425) 641-4535

ROB SANDSTROM

(425) 255-1035

ROSWELL, GA

Chase Carey
(770) 587-0350

SAN MATEO, CA

Chow Chow Imamoto
(415) 341-1955 (r)

(415) 344-1822 (w)

SHASTA LAKE CITY, CA

Edy Harrington
(530) 275-4946

SILVER CITY, NM

Marion Light Ray
(505) 388-5782

STONE MOUNTAIN, GA

Gretchen Jaccino
(404) 716-5857

SURFSIDE BEACH, SC

(until May 15)
C.J. & Stella Stevens
(843) 215-1097

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

TULSA, OK

Bruce W. Freeman
(918) 742-0743

WALLINGFORD, CT


Mike Cei
(203) 265-9851

DeMarco, founder and chief editor of Hampton Roads Publishing Company (HRPC) and TMI Professional Member, presents a systematic account of the stages of his many years' journey in search of his Higher Self. The search was catalyzed by two life-changing experiences in 1970 and fueled by meeting Robert Monroe and by a personal epiphany during DeMarco's 1992 *GATEWAY VOYAGE*. The \$21.95 hardcover is available from HRPC.

Newsletters

"My *GATEWAY VOYAGE*: An Experiential Account" was the lead article in *EHE News*, vol. 7, no. 2, September 2000. Author Joseph M. Felser came in search of "a deeper, richer connection to Source" and out of a desire to "come alive, and give life to others." Felser ended by feeling "connected to parts of [himself] that had gone dark" and characterized the *VOYAGE* as "a fresh infusion of wonder, a B-12 shot for a fatigued philosopher."

Visits

Natalia M. Rushing, PhD, associate professor of philosophy at Salem College, Winston-Salem, North Carolina, and her student, Jackie Moch, visited the Institute on January 26, 2001. Dr. Rushing has a special interest in multiple intelligences and mystical experience, and Ms. Moch is researching "afterlife existence." Both are working with the *GOING HOME* series. 

HUMAN PLUS TACKLES THE CHILKOOT TRAIL

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H-PLUS Relax was my mainstay during the thirty-five-mile trip. I joked that I was pain-free each morning until the pack went on! The *Plus-Relax* Function Command triggered a sense of physical relaxation that actually reduced muscle pain. As we set out, I combined the *Plus-Relax* cue with *Plus-Open (H-PLUS Contemplation)*. Every time anxiety or fear escalated, I repeated the Commands. A number of things could evoke fear and anxiety: getting so tired that I was unsure of reaching our next campsite; encountering a particularly steep or rugged stretch; traversing melting, unstable snow; navigating slippery shale on a mountainside; and last but not least, a couple of occasions when it was hard to identify the trail. We had no guide and knew that going off in the wrong direction would get us in deep doo-doo. *Plus-Relax* was also the best cue for getting to sleep at night after a grueling day.

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If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUT-REACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

DOLPHIN ENERGY

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else as she is of cancer.

Shortly after the news of the dramatic cancer marker drop in November, I wrote this to my sister the scientist: "Been thinking about the CA-125 marker progress. The first drop from around 515 to 430 seemed a disappointment, and the second from 430 down to 65 seemed remarkable (bordering on inexplicable). There is some head-nodding and smiling going on down here, because it was *coincidentally* right around the time of the end of the first marking period that Mom's name went out to Dolphin Energy Club members from The Monroe Institute as a person in need of healing energy. Chalk up another 'anecdote' in favor of supplementing medical care with all the other available resources at your disposal.

"A great doctor, a great attitude, and a great support system. How wonderful that Mom has all three, and that her support system extends beyond family. I imagine that as a scientist it must be hard for you to consider esoteric factors in evaluating phenomena. But we've seen the unexplainable happen so many times that it's equally hard for us to use terms like 'coincidence' and 'anecdotal evidence.' "

Her response: "As a scientist, I can't prove the validity of esoteric factors in Mom's progress, but I can't disprove them either. When it comes down to good results, however, does it really matter where they come from? In any event, I'm thankful for all your efforts, and those of the many people who have sent their 'healing energy.' And I'm very happy you've all been able to make a contribution to the inexplicable." I think we've softened up the old girl. Thanks, Laurie, Shirley, and all of the Dolphin Energy Club members. We know.

[Please visit our web site at <http://www.monroeinstitute.org> for information on the Dolphin Energy Club. To submit a DEC request, e-mail Shirley Bliley or Ann Vaughan at dec1pd@aol.com or phone (804) 361-9132.]



HUMAN PLUS TACKLES THE CHILKOOT TRAIL

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Plus-Focus (H-PLUS Attention) helped me locate the best foot placement on the demanding trail. Age increases the potential for fatigue and injury, so watching every step was even more important. An experienced ranger gave us the most valuable advice: remember that people who climb mountains do it one step at a time, very slowly and deliberately. I randomly used *Plus-Let Go (H-PLUS Let Go)* and *Plus-Fade, Fade (H-PLUS Off-Loading)* to release yucky feelings and thoughts, e.g., it is scary out here; there's no one to help if we get hurt; or can I really do this? We dared not allow such thoughts and feelings to linger. However, they still tended to pop in when we had walked for six or eight hours, were close to exhaustion, and still had a long way to go (usually uphill) before reaching a camp. This was particularly true on the day we attempted the summit and the following day. Doubts also rushed in whenever we gazed out over the vast terrain, apparently completely devoid of civilization.

I turned to *Plus-Balance, Heal (H-PLUS Tune-Up)*, *Plus-Breathe Better (H-PLUS Lungs: Repairs and Maintenance)*, *Plus-Heart Better (H-PLUS Heart: Repairs and Maintenance)*, and *Plus-Flow Better (H-PLUS Circulation)* when totally "beat." My two favorite cues were *Plus-Open (H-PLUS Contemplation)* to be receptive to support from other levels and *Plus-Open, Help*, a

Command I made up, for requesting assistance and guidance to stay safe and get the job done. As the tallest person, I frequently took point. Adjusting my stride for the rest of the party would jar me out of my trance-like state and then pain would surge in again.

The trek frequently seemed like a walking vision quest. My mixed emotions and thoughts ran the gamut. At times, the pain was so bad that I was furious about even being there. At other times, I was tired to the point of numbness. Still other times, I was awed by what the pioneers had endured during their trek across those same mountains. Such thoughts actually caused a lump in my throat and brought tears to my eyes for long periods of over several days. The intense emotion made me wonder about the whole past-life thing. The joy usually bubbled up when I realized what had been accomplished—things that were really unbelievable to Charlene and me. Deep in reverie, I would experiment with whichever *H-PLUS* cues came to mind and invent new ones (a skill learned in *LIFE SPAN 2000*) while on the move. Turning to *H-PLUS* in stressful circumstances made all the difference by keeping my mind occupied with positives when it could easily have drowned in negativity.



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